

Flathead County Agency on Aging

NEWSLETTER

Winter Update

tel. 406-758-5730

web: www.flathead.mt.gov/aging



Economic Impact Payment Card (EIP Card)



Some 8 million Americans are receiving their stimulus payments on a pre-paid debit card sent through the mail, while others are receiving the payment via paper checks or automatic deposits. Also, just because you received your last payment one way does not mean you will receive it the same way now.

Watch your mail carefully. EIP cards are being sent in a white envelope that displays the the U.S. Department of the Treasury seal. If you received a card and have any questions about it, give us a call at 758-5730.

Emergency Preparedness Planning Kit

An Emergency Preparedness Planning Kit prepared by staff at the Flathead County Agency on Aging is presented to Sherry Duvall by Terri Vuicich, VDC Program Care Coordinator.



Call 758-5730 to
receive your
FREE EPP Kit!

The items for the kits were purchased with funds provided by Blue Cross Blue Shield of Montana and will be provided to each person who completes an initial information packet.

Kits consist of a backpack with emergency supplies as well as an Emergency Preparedness binder which will include their completed packet as well as a "File of Life" refrigerator magnet, document holders, a variety of useful information and links to websites.



AARP Free Tax Service

Call for an appointment to have your taxes done free of charge.
Appointments will run from February through April.

Call (406) 407-8355





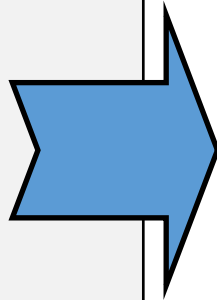
Help For Caregivers

Caregivers are vital to many older adults who rely on support to keep them safe and well while living at home. The Agency on Aging recognizes the important role that caregivers play and want to make sure that resources are available to help them not only gain confidence with their caregiving but also protect their own wellbeing. For example, we may be able to help connect the caregiver to respite care or programs that assist with this, like the Lifespan Respite Care Program. This is a voucher program that can help long term caregivers have a healthy time apart, a time to relax and recharge.

Another free resource that we have to offer is Trualta, an online learning program that provides caregivers with the tools they need to feel confident and supported in their caregiver role. Trualta also includes tips and resources to improve your own wellness with features like Music Therapy that can provide relaxation for your loved one while giving you some respite.

Reach out to our office at 758-5730 if you are interested in finding out more about our caregiver support services. We look forward to hearing from you!

Low Income Energy Assistance Program (LIEAP) assists eligible individuals pay a portion of their home winter energy bills. The Agency on Aging can help you with the application.



We connect you to the benefits you deserve

Get Help with your Heat!



We also screen for other programs to save you money, like:

- ♦ Medicare Part D “Extra Help”
- ♦ Medicare Savings Program
- ♦ Medicaid
- ♦ Supplemental Nutrition Assistance Program
- ♦ Big Sky Rx Program
- ♦ Property Tax Assistance Program

Call 758-5730 and request your free screening!

Elderly Tax Credit!

Even if you don't normally need to file an income tax return, you may be able to get up to \$1000 back with the Montana Elderly Homeowner/Renter Credit.

You qualify if you:

- Are 62 years or older
- Lived in Montana for 9 months in 2020
- Lived in the same house for at least 6 months
- Have a household income under \$45,000

The Agency on Aging can help you file. Please call 758-5730 for more information or assistance.



**Every stage of life has it challenges.
We get it and we're here for you!!**